

Prayer

A close-up photograph of a person's hands clasped together in a prayer position. The hands are positioned in the lower center of the frame, with fingers interlaced. A strong, diagonal beam of light from the upper left corner illuminates the hands, creating a dramatic contrast with the deep shadows of the surrounding environment. The person is wearing a dark, textured garment, possibly a robe or sweater. The background is dark and out of focus, emphasizing the hands and the light.

15. Posture in Prayer

Luke 22:46 "And said unto them, **Why sleep ye? rise and pray, lest ye enter into temptation."**

Meaning: Since the Bible commands us to pray without ceasing, at all times, and about everything, it would be impossible to be always on our knees. The Bible teaches that people prayed standing, kneeling, bowing down, with hands spread forth, on their faces before God, and even while walking. The one posture that outwardly shows worship and humility is kneeling or bowing down before God.

Application: Jesus is speaking to His disciples in verse 46 after returning from praying alone and finding them sleeping. In the book of Matthew, we have the account of this story and Jesus said, "the spirit indeed is willing, but the flesh is weak." (Matthew 26:41). The temptation to sleep while praying can be great, so Jesus told his disciples to "rise and pray." Enoch is the great example of one who "walked with God." No matter what posture we choose for prayer, the key is to pray. God hears prayers whether we are standing, sitting, kneeling, or walking, so we should pray in whatever position we are able.

Other Verses for Study: Genesis 5:24; Numbers 16:22; I Kings 8:22; Psalm 95:6; Isaiah 1:15; Mark 11:25; Luke 22:41; I Timothy 2:8

1. What posture outwardly shows worship and humility?

2. How did Jesus tell His disciples to combat the temptation to sleep while praying? _____

3. Enoch was a great example of what? _____

"The knees may not always be bent, the lips may not always be vocal with words of prayer, but the spirit is always in the act and communication of prayer."